

ST. LOUIS ARMY ENGINEER DIST **ESPRI**

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GATEWAY TO EXCELLENCE

October 1998

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District wins Logistics Management Excellence Award

The St. Louis District Logistics Management Office has been chosen to receive the "Logistics Management Excellence Award" by HQUSACE. This competition included all Corps districts and divisions, both CONUS and OCONUS. The award was announced on September 3, 1998, at the recent Logistics 1998 Professional Development Institute.

The Logistics Management Office was recognized for its dedicated service to our customers' needs in the functional areas of supply, maintenance, transportation and facilities support. Key points of recognition in these areas included:

- * Supply process use of the I.M.P.A.C. customers receiving their a shorter shelf life for

- * Recognizing the our "stakeholders," resulted in cost savings

- * Partnering with offices, LM was able for our field offices at \$590,000.

- * Cooperation with the DRMO resulted in an increase of 43 percent in disposal of excess property.

- * Implementation of a comprehensive maintenance program reduced our vehicle downtime to less than one day per month per vehicle.

- * Readily monitoring the Internet, several high cost items were procured resulting in large savings to the District.

- * Transportation initiated a more streamlined ticket procedure reducing duplicity of duties to serve our customers more efficiently.

- * LM also reduced lag time in workstation modifications through use of the credit card to employ private contractors. This resulted in less disruption for our customers.

- * Intra-District partnering, through the Logistics Assistance Inspection and Evaluation Team, has proven to be a constructive tool to open communication channels with or field offices.

dures enhanced through the credit card, resulting in customers 25 percent faster and our stocked items.

benefits to our District and cycling toner cartridges re-of 22 percent.

the recently closed ATCOM to acquire systems furniture cost savings of nearly

(Continued on page 6)



Challenge and discover

October 12 is the 506th anniversary of the discovery of America. It's Columbus Day, otherwise known as the Day of Discovery.

It was a time of fear in 1492, fear of the unknown particularly. Was the world round or flat? Was the ocean filled with fish or filled with monsters? No one knew for sure.

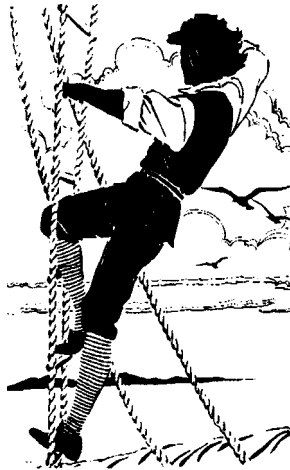
Captain Christopher Columbus thought he had good information that the world was indeed round. He gathered a group of believing seamen and set sail. His people had faith in him and his beliefs.

We all know the story of how that faith wore thin during the long voyage, and many seamen wanted to turn back.

Ultimately, the discoverer sailed on and on until he and his ships reached the new world.

Think about it.

You and I don't have to lay our lives on the line every day as Columbus had to. Still, with a



small stretch of the imagination, we can see that we are confronted with similar problems right here.

Chris (we're more familiar now) was really up against it when he challenged the accepted beliefs of the time. Though we don't have to stake our lives on what we believe, we can be up against a similar problem. In every job there are beliefs and procedures that other have faith in. But, no matter how entrenched those beliefs are, we must challenge them if we are to make a discovery.

It's a little easier for us because we don't have to negotiate with the queen. We don't have to deal with (quite) as many nay-sayers. In fact, everything we do is open to a challenge. Individuals have to question and challenge.

We still have to deal with fear of the unknown just as the seamen did. As the seamen did, we may lose faith for a while. But when we stick with it... Discovery.



**US Army Corps
of Engineers**
St. Louis District

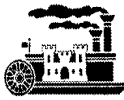
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News Briefs

Carlyle Lake:

Damage repair

Through advanced FY 99 funds, flood damage repairs have begun at Coles Creek Recreation Area. Phase 1 will include the renovation of about 80 campsites, road repairs, erosion control, pedestrian walkway and a beach/boat launch area. These repairs are expected to be completed by the spring of 1999.

Resort delay

The Illinois Department of Natural Resources has delayed the construction of a resort in South Shore State Park. The project is currently on hold because of environmental and cultural issues. Archaeologists are evaluating the site for recognition in the National Register of Historic Sites. The future site of the resort is home to the Eastern Massasauga Rattlesnake which is currently listed as a State of Illinois Endangered Species.

Breakwater

Schaefer Contracting has been awarded the contract for the Hazlet State Park Breakwater Construction. The construction plan consists of a rock placed breakwater consisting of about 10,000 tons of 400 LB riprap. The breakwater will extend about 150 feet west into Dempsey Cove.

The Pump Station Automation/Electrical Repair Contract has been awarded. The construction plan consists of repairing old electrical services and automating all pumping operations. Labor and utility costs will be decreased when the project is completed.

Mark Twain Lake:

Bass stocking

Park Rangers released large-mouth bass into the lake on September 17 from the Sandy Creek Brood Pond. The six-inch bass should be within the legal limits to catch in less than two years. This was the first year of full operation for the brood pond. Next May a stocking of over 12,000 fingerling bass into the brood pond is scheduled.



Lake Shelbyville:

They're in the book

Lake Shelbyville Operations Manager Winston B. Campbell and Park Ranger Al Lookofsky were featured in John Hultsman's book, *Planning Parks for People*. Found on page 295, Campbell and Lookofsky were mentioned for their recreation perspectives concerning certain areas at the Lake Shelbyville Project.

The perspective on recreation which Campbell and Lookofsky share is similar to a trial and error method of experimentation. Areas around the Lake Shelbyville Project are informally designated as demon-

stration areas for learning and for the growth of understanding possible plans for the areas. These areas are used as grounds for new ideas, projects, or experiments within recreational development. Based on the perspectives of Campbell and Lookofsky, these areas produce both positive and negative results, which help to influence future decisions on land and recreation management.

Planning Parks for People was published in 1998 by Venture Publishing, Inc.

Illinois State Fair

Over 9,000 people visited the St. Louis District display in Conservation World at the Illinois State Fair. Many of them participated in Cold Hand Luke, a hands-on activity on how cold water affects the body, or tested their knowledge on Corps of Engineers history and achievements.

Kids of all ages, especially the younger ones, visited with Bobby the Boat or had their picture taken while portraying a park ranger.

Rend Lake:

Safety programs

Rend Lake staff presented water safety programs to about 1500 students at the DuQuoin State Fair as part of the Illinois Department of Natural Resources "Day at the Fair," which allows teachers to bring students to the fairgrounds each day for environmental education.

(Continued on page 4)



News Briefs (cont.)

Wappapello Lake:

JAKES program

The JAKES (Juniors Acquiring Knowledge, Ethics and Sportsmanship) Event, sponsored by the Heartland Gobblers Chapter of the National Wild Turkey Federation, was held last month at the National Guard Training Site at Wappapello Lake. Lake staff conducted programs for about 127 participants ages 17 and under.



Willie B. Safe (Park Ranger Kathy Dickson) talks with a group of youngsters.

100s of pleasure boats lock thru Kaskaskia L&D

Things were hopping at the Kaskaskia Lock and Dam, at least from a pleasure boat standpoint, during September. During the three-day Labor Day weekend alone, 997 pleasure craft locked through. The lock and dam was host to a Coast Guard boating safety class in September. And the city of New Athens held drag boat races on the river.

Name that boat contest

Aquatic deaths are the nation's second leading cause of accidental fatalities for those under age 44. The St. Louis District has a new tool at the lakes and Rivers Project offices to assist us in our boating and water safety educational efforts! It is a three-foot tall, talking boat robot on wheels that operates via remote control. Join in the fun to give this boat an appropriate name. We would like a name that is representative of the Corps and our District. The winner will receive a great prize package from the CAC.

The U.S. Coast Guard named their boat "Coastie" and they even have a song. Some Corps districts

FUSRAP, Project Delivery Team of the Year

The Formerly Utilized Sites Remedial Action Program (FUSRAP) team has been picked by HQUSACE as the Project Delivery Team of the Year.

FUSRAP is a national program for cleaning up sites contaminated during the early atomic energy program. The Corps gained this responsibility in the FY98 Energy and Water Development Appropriations Act.

The FUSRAP team members come from St. Louis, Kansas City and Louisville Districts. The team crosses many traditional boundaries to demonstrate that the "One Door

To The Corps" concept is a reality. The team members provide distinct talents in design, construction, legal expertise and program and technical management to assure success in this \$470 million project to clean up nuclear weapons production waste sites in St. Louis and the vicinity.

This challenge could have taken months in preparation, but the team quickly developed new methodologies, developed and honed policy, technical and automated business processes and fostered wide-ranging partnerships for environmental restoration activities.



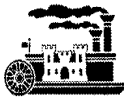
have used the manufacturer's name of "Bobby the Boat". One district named theirs "Little Toot". Put your right brain into action and see if you can be a winner!

Please provide your entries to either Rachel Garren, CEMVS-CO-TO or Maria Shafer, CEMVS-CO-S prior to November 6, 1998

Quote of the month

Leadership is an opportunity to serve. It is not a trumpet call to self-importance.

Logan Pearsall Smith



District wins Rebuilder Award

The Rebuild St. Louis Coalition, a group of businessmen and engineers supporting quality infrastructure in the Greater St. Louis Region, has presented their Rebuilder Award to the St. Louis District for the Lock and Dam 25 rehabilitation work. The award was presented at their meeting at the St. Louis Engineer's Club on September 15. Accepting the award for the District was John Dierker, Assistant Chief of Engineering Division.

The rehabilitation work consisted of installation and operation of a deep well dewatering system beneath the lock floor, the installation and removal of the lock bulkheads, the design, installation and operation of an ice control system, poiree dam



Darrell Eilers, President of the Rebuild St. Louis Coalition, presents John Dierker, Assistant Chief of Engineering Division, with the Rebuilders Award at the Engineers Club of St. Louis.

and culvert bulkhead installations, the removal and replacement of damaged embedded metals, and the removal and replacement of existing lock ladders. It was done by Massman Construction Company,

who received an outstanding performance rating by the District. The work featured innovative construction techniques, below budget cost and a perfect safety record.

Corps of Engineers Volunteer Clearinghouse

The Corps of Engineers Volunteer Clearinghouse is a nationwide, toll free hotline number, 1-800-VOL-TEER or 1-800-865-8337, for individuals who are interested in volunteering their time at Corps lakes and projects.

The Corps is the steward of almost 12 million acres of land and water across the country. Volunteers play an important role in protecting and maintaining our natural resources and recreation facilities.

The Volunteer Clearinghouse matches volunteer workers with Corps projects that can use their services. The clearinghouse benefits volunteers by providing the convenience of a toll free number that can be called from any point in the United States. A caller can request to volunteer at most any area in the

country. Callers are then given a point of contact for the geographic area requested and are mailed an information packet about volunteer opportunities.

Any person who is willing and able to contribute to the volunteer program is welcome. The program is not intended for any particular group of people.

Volunteers are needed to work on trails, maintain recreation facilities, serve as campground hosts, clean litter from the shoreline, staff visitor centers and other important work at our lakes. Volunteers gain valuable skills, work outdoors, meet new people and achieve a proud sense of contributing to the future of the nation.

The Volunteer Clearinghouse has a home page on the World Wide

Web at www.orn.usace.army.mil/volunteer. The public can obtain information on line and Corps personnel can submit requests for volunteers for upcoming events.

The Corps benefits from the Volunteer Clearinghouse by allowing expansion of the volunteer program to get information about potential volunteers all across the United States. These may be contacts and consequently volunteers the Corps would not otherwise reach.

Nationwide during 1997, 76,790 individuals volunteered 1,080,452 hours of their time valued at \$9,700,135 of work.

The Volunteer Clearinghouse has received over 10,000 calls since its beginning with 295 Corps projects participating in the program.

*East-West Gateway*

Combined Federal Campaign

The Combined Federal Campaign (CFC) for 1998 begins this month! The CFC is an excellent opportunity for each of us to act with charity. Every year at this time, we are given the opportunity to make a difference in the lives of those less fortunate. It is the people of our district who have always been leaders in this effort, and for us the letters "CFC" could just as easily stand for the "Caring Federal Community."

There are over 300 Federal agencies in the twelve counties of the St. Louis metropolitan area represented in the CFC. Last year our fellow federal employees in this Missouri and Illinois region gave over \$2,200,000. The Corps of Engineers is a member of the Top 30 Accounts in the region. The Top 30 Accounts gave \$1,800,000 of the total last year. The St. Louis District has reason to be proud of our history with the CFC.

Participating in the CFC is an opportunity for true voluntary giving. Your contribution is held in strict confidence. No one will

Why give?



* CFC provides a single, coordinated appeal, rather than hundreds of individual drives.

* CFC allows federal employees to participate in a local, national and international effort to meet health and human care needs.

* Authorized payroll deduction allows federal employees to budget generous contributions over the entire year.

* Contributions to the CFC are tax-deductible.

* CFC contributions help around the world.

check to see how much you gave or even whether you gave, only whether your card was returned to your keyworker. Examine the agencies listed in the CFC brochure so you can identify your favorite charitable organizations (local, national or international). CFC gives you the control as to where your donation is directed.

You may contribute to the CFC in one of two ways, either by a payroll deduction or by a one-time lump-sum gift. Using payroll deduction makes giving convenient for you, while ensuring a steady income for the charities you want to help. It is possible to adjust the amount of your payroll deduction.

The Project Officers for the 1998 CFC are Jessica Bush and Ray Kopsky. An excellent team of keyworkers is assisting them. When you make your pledge, please be sure to thank your keyworker for volunteering their time and efforts for this great campaign. Thanks to everyone in advance for their generosity. We are shooting for another successful Combined Federal Campaign for the St. Louis District!

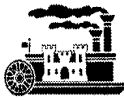
Logistics award (continued)

* The PBO was chosen as the National Coordinator for FUSRAP responsible for all property actions.

As part of the competition, LM was also recognized for revolutionizing its effectiveness in order to reshape our culture to handle the

evolving challenges we face in the 21st century. The Logistics Management Office takes pride in the fact that it has provided the best services available and was recognized for its outstanding service to both our internal and external customers.

Our "team" stands ready to assist you, our customers, by all means available and proactively enlists input from outside sources to ensure we continue to succeed in our goal to provide the "Right Product-Right Place-Right Time."



Johnson MVD Logistician of the Year

The Logistics Management Office invites you to join in offering congratulations to Mr. Charles Johnson on his recent selection by Division as "Meritorious Logistician of the Year." Mr. Johnson was chosen above entrants from each of the MVD districts and Division headquarters.

Charlie has been an asset to the St. Louis District since 1995. His attention to detail resulted in the District's Maintenance Plan, a coherent, cost effective, "how to" maintenance program within the entire District. The plan was reviewed by HQUSACE and distributed to other Districts as a model.

Mr. Johnson was also recognized for his management of the District's vehicle fleet. He coordinated with GSA to reduce the District's fleet without disrupting service to our customers.



Mr. Johnson continually strives to improve his working knowledge of logistics. He has achieved several personal goals, such as receiving his professional certification in Physical Distribution Management from the American Logistics Association and the Army Logistics Management College. Mr. Johnson is a true team player and his dedication to the St. Louis District is unmatched.

Stocking bass at Rend Lake

The Corps of Engineers and the Illinois Department of Natural Resources (IDNR) continue their combined efforts to increase the population of largemouth bass in Rend Lake. About 30,000 largemouth bass were recently released into the lake.

Largemouth bass begin their journey from the fish hatchery as tiny fish (known as "fry") and are placed into three nursery ponds near the lake. The "fry" are monitored by IDNR biologists as they gain weight and length in the sheltered conditions of the nursery ponds. The goal of the stocking program is

to release fish that have the best chance of competing and surviving to adulthood.

When the largemouth bass attain "fingerling" size (three to four inches) they are removed from the nursery ponds and released into the lake. Anglers at Rend Lake may only take six largemouth bass per outing. All largemouth bass less than 14 inches in length must be released back into the lake. The combination of annual stocking and enforcement of legal limits has resulted in a dramatic improvement in the bass fishing opportunities at Rend Lake since the mid-1980s.

—Earth Notes—

Save energy

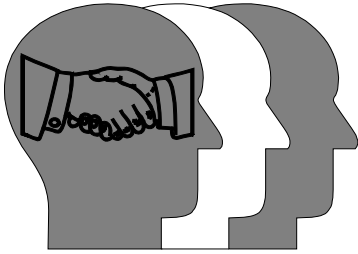
When selecting a new furnace, water heater or appliance of any kind, look for its energy use ratings. You will not only save a great deal of money over the life of the new purchase, you will be protecting the environment as well. On average homes are responsible for 22,000 pounds of carbon dioxide per year that is sent into the earth's atmosphere. One car produces 10,000 pounds each year, according to the Alliance to Save Energy.

Try fluorescents

Substitute compact fluorescent bulbs for incandescent bulbs that burn four or more hours a day. If each family in the country replaced four 100-watt bulbs with four comparable 23-watt compact fluorescent bulbs, each would save about \$82 per year and save as much energy as is consumed by 7 million cars in one year, according to Power \$marts newsletter.

Fewer flowers

After 20 years of data collection, the World Conservation Union of Gland, Switzerland, has issued a list of 34,000 endangered plants (one in eight known species). The U.S. Nature Conservancy says the list includes 14 percent of the rose family, 32 percent of irises, and 32 percent of lilies. Causes include everything from pollution and expansion of cities, to an area where wild goats eat vegetation.



EE O matters

Disability Awareness

Some Myths and Facts about
People with Disabilities
(National Easter Seal Society)

Everybody's fighting some kind of stereotype. People with disabilities are no exception. The barriers began with people's attitudes. These attitudes are often rooted in misinformation and misunderstanding. Awareness is the first step toward change.

Myth 1: People with disabilities are brave and courageous.

Fact: Adjusting to a disability actually requires adapting to a lifestyle, not bravery and courage.

Myth 2: All persons who use wheelchairs are chronically ill or sickly.

Fact: The association between wheelchair-use and illness has probably evolved through hospitals using wheelchairs to transport sick people. A person may use a wheelchair for a variety of reasons, none of which may have anything to do with lingering illness.

Myth 3: Wheelchair use is confining; users of wheelchairs are "wheelchair bound."

Fact: A wheelchair, like a bicycle or an automobile, is a personal assisting device that enables someone to get around.

Myth 4: People who are blind acquire a sixth sense.

Fact: Although most people who are blind develop their remaining senses more fully, they do not have a sixth sense.

Myth 5: People with disabilities are more comfortable "with their own kind."

Fact: Years of grouping people with disabilities in separate schools and institutions have reinforced this misconception. Today, more and more people are taking advantage of new opportunities to join the mainstream of our society.

Myth 6: Nondisabled people are obligated to "take care of" their fellow citizens with disabilities.

Fact: People may offer assistance to whomever they choose, but most disabled persons prefer to be responsible for themselves.

Myth 7: Curious children should never be allowed to ask people about their disabilities.

Fact: Many children have a natural, uninhibited curiosity and ask questions that some adults might find embarrassing. But scolding children for asking questions may make them think there is something "bad" about having a disability. Most people with disabilities won't mind answering a child's question.

Myth 8: The lives of people with disabilities are totally different than those of nondisabled people.

Fact: People with disabilities go to school, get married, work, have families, do laundry, grocery shop, laugh, cry, pay taxes, get angry, have prejudices, vote, plan, and dream like everyone else.

Myth 9: It's all right for nondisabled people to park in accessible parking spaces for a short time.

Fact: Because accessible parking spaces are designed and situated to meet the needs of persons who have disabilities, these spaces should only be used by people who need them.

Myth 10: Most people with disabilities are unable to have sexual relationships.

Fact: Any person can have a sexual relationship by adapting the sexual activity. People with disabilities can have children naturally as well as adopt them. People with disabilities, like other people, are sexual beings.

Myth 11: People with disabilities always need help.

Fact: Many people with disabilities are quite independent and capable of giving help. But if you want to help someone with a disability, ask first if they need it.

Myth 12: There's nothing one person can do to help eliminate the barriers confronting people with disabilities.

Fact: Everyone can contribute to change. You can help remove barriers by:

- understanding the need for accessible parking and leaving it for those who need it.

- encouraging participation of people with disabilities in work and community activities by making sure that meeting and event sites are accessible.

- understanding children's curiosity about disabilities and people who have them.

- advocating a barrier-free environment.

- speaking up when negative words or phrases are used in connection with disability.

- writing producers and editors a note of support when they portray people with disabilities as they do others in the media.

- accepting people with disabilities as individual human beings with the same needs and feelings you might have.

- hiring qualified disabled persons whenever possible.

People with disabilities are entitled to the courtesies that you extend to anyone.



Coming Lake Events

Carlyle Lake

Oct. 23-24 - Haunted Trail

Dec. 4 - Christmas Town USA Visitor Center

Lighting

Lake Shelbyville

Oct. 31 - Lithia Springs Trail of Terror

Wappapello LakeNov. 27-Dec. 26 - 6th Annual Festival of Lights
Auto Tour

Aquafest '98 - A water safety carnival

By Audrey Hillyer

Despite a cancellation in June and high water conditions for a good part of the summer, July 25, 1998, marked the date of the annual Aquafest Water Safety Carnival at Lake Shelbyville's Dam West Beach. Over 350 participants, including children, teenagers, and adults enjoyed a day of fun in the sun and learned about the importance of water safety at Aquafest '98. The turnout was tremendous, and Interpretive Park Ranger Pam Doty commented that, "Aquafest attracted a lot of people and everyone had a great time, but most importantly we spread water safety messages to a lot of people."

Water safety was the main focus of Aquafest. The beach was lined with banners and posters, each promoting the importance of water safety. Life jackets, responsible alcohol consumption, and swimming with a buddy were a few examples of messages the banners and posters promoted. An information booth was set up on the beach, complete with ample variations of literature on the importance of all aspects of water safety, from swimming, to boating, to the proper usage of personal watercrafts.

The proper usage and wearing of life jackets was stressed throughout the course of Aquafest. A special event was a "PFD Fashion

Show." Park Rangers asked volunteers to model the various PFD Types, while announcing the purpose of each PFD, in what type of situation the PFD should be worn, the legality of the PFD, and of course, what colors and sizes each PFD is available in.

In addition to the seriousness of water safety, there was plenty of fun involving the water, as there should be! Different games, such as relay races and obstacle courses were set up along the beach and were manned by park rangers. Local businesses from Shelbyville and the neighboring communities of Sullivan and Mattoon donated prizes, such as coupons from fast food restaurants and movie rental stores. Special games such as tug-of-war were scheduled throughout the day. The tug-of-war seemed to be the most popular event and attracted children, teenagers, adults, and entire families in the battle.

The newest U.S. Army Corps of Engineers spokesman, Bobby the Boat, was on hand making appearances and talking to children about the importance of water safety. Bobby cruised the sidewalk at the top of the beach, tooting his horn, flashing his lights, winking his big eyes, and talking to children and their parents about having fun and being careful in the water.





To your health

Cancer prevention techniques

When it comes to breast cancer, a disease dreaded by all women, prevention is foremost in the minds of all. It should be practiced throughout life. Here are some ways to do it.

Vitamin C: A growing number of studies indicate that C is a cancer fighter. One worldwide study found a significant relationship between higher dietary vitamin C intake and lower risk of breast cancer. The doctors say increasing C to about 380 mg a day may help provide protection. Most fruits are high in C content.

Beta carotene: Those who eat foods rich in this nutrient have a lower risk of developing cancer than those who eat those foods less frequently. Good sources: carrots and carrot juice, sweet potatoes, pumpkin, cantaloupe, squash, dark greens and broccoli.

Reduce dietary fat: A diet high in fat seems to increase the risk of breast cancer. The American

Health Foundation recommends that total fat should not comprise more than 20 to 25 percent of total calories. The average North American should eat half the fat they consume now.

Reduce alcohol consumption: Some studies show that heavy drinkers have twice the risk of breast cancer.

Exercise: It can prevent obesity, which has been shown to increase breast cancer risk. One study of female athletes show they had lower risk of breast and reproductive organ cancers than women who had not been athletic early in life.

Get expert help: If you are at high risk for this disease because of a family history or other factors, see your doctor to discuss new drug therapies which may work for you.

In any case, women age 20 and over should be checked for breast cancer by a doctor once each year. The doctor may recommend a mammogram or other tests.

New treatment for stroke

Doctors at the University of Pittsburgh Medical Center say they have performed the first transplant of human nerve cells into a patient's brain in an effort to reverse paralysis and other effects of stroke.

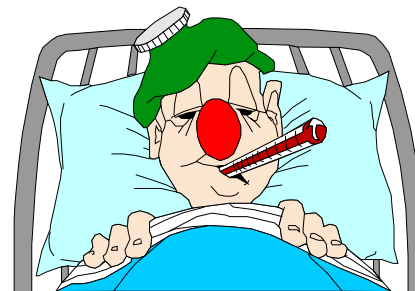
The procedure involves a novel technique for manufacturing human neurons and could set the stage not only for treatment of stroke effects, but for neurological disorders such as Parkinson's disease and spinal-cord injury.

New anti-TB drug

The long course of treatment for tuberculosis could get a little easier with the recent approval of the first new anti-TB drug in 25 years.

The new medicine, rifapentine, has big benefits for patients and for scientists' efforts to stop the disease from building drug resistance around the world. It has Food and Drug Administration approval for treatment of pulmonary tuberculosis.

Your fever can help you get well



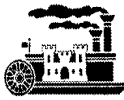
The fever that comes with a cold or a flu can make you miserable. If it doesn't run too high, however, it will help you get well faster.

Aspirin and other pain relievers block the release of prostaglandins, which is why you feel better after taking them. The downside is they slow recovery. An unchecked fever kills the germ faster and makes the immune system fight harder.

Doctors at Harvard Medical School say you can blame that fever on your brain. It tries to kill the bug by activating the hypothalamus, which acts as the body's thermostat. The hypothalamus also regulates appetite and sleepiness, so you can expect these systems to act up as well.

To fight fever, the immune system produces prostaglandin E2, a hormone that helps infection-fighting cells move into the brain through its protective barrier. The side effect is that E2 trips brain switches that leave people feeling drowsy and lethargic. It also acts on pain-sensitive areas that produce headache and body aches.

Aspirin will make you feel better, but unless a fever is high, it's better to let fever run its course.



Retiree Review

Editor's Note: Because of technical problems, Retiree Review did not appear in the September issue of ESPRIT. In this issue we have printed both the September and October editions.

By the Retiree Correspondent

Thursday, the 16th of July, was a beautiful day. The sun finally broke out and thirteen of the retirees ventured out to have luncheon at the Salad Bowl.

Real Estate was once again well represented, by Lyle Forth, Laurel Nelson and Elsie and John Kalafatich. Elmer Huizenga taught them well on how to enjoy themselves. Incidentally, it was mentioned that Elmer had some "minor" surgery. (I've been told that the definition of minor surgery is when it is done on someone else.) Hey Elmer, hope you have a speedy recovery.

Lew Scheuermann reported on the Division golf tournament, that was held at the Navy installation at Millington, Tennessee. There were 30 golfers with 12 representing the St. Louis area. Two of the BIG winners were from the St. Louis area - Mike Cullen's son and Ed Ewing's son. Obviously the youth learned it all from their fathers. Congratulations to all the retirees who participated.

Charlie Denzel dazzled the group with a wealth of pictures that were taken on his Alaska trip. He and his wife were among several couples from the St. Louis area who took the trip. He said ably assisted by some retirees - Bill Sutton and his lovely wife Judy, and Rich Mills and his lovely wife Mary. Charlie gave all the credit for the arrangement of the pictures, with captions, to his wife, Jane. (Good thing. Charlie was never that organized.)

It was sadly reported that two of our alumni passed away during the past month. Paul Trauth, who worked for many years in the Finance and Accounting Branch of the Comptroller's Office and Virginia Dillow, widow of the late Lynn Dillow, former assistant chief of constructions in the old CON-OPS Division. Our condolences to their families.

Mention was made that several of the faithful have been noticeably absent; namely L.G. Kugler and George Clapp. We all hope they are in good health and that their busy schedules are keeping them from the luncheon.

By the Retiree Correspondent

The weather on the 17th of September was anything but good. It was a very rainy day. In fact, had been raining for about three days. None the less, some of the old faithful ventured out to enjoy the company of their fellow retirees and some good food.

One of the senior old timers and the grand story teller made an appearance and had some very good stories. Yes, George Clapp found time from his very busy schedule to visit and entertain the group with some very topical stories. He stated that he belongs to three organizations that all meet on the third Thursday and he also volunteers with the Shriners. This prevents him from making every luncheon, but that he will try to make as many as possible.

Don Wampler and Bob Maxwell, also among the senior old timers group, voiced concern that they would like to see some of the other old timers. They recognized that as age creeps in, sometimes it becomes more difficult to get out and about, but they are still hoping that some will make an appearance in the near future.

Lew and Helen Scheuermann were there. Lew said that he had not heard from the Huizengas lately. He had left a message on Elmer's answering machine, but hadn't received a return call. The last he heard from the Bakers is that Jim is playing a lot of golf and enjoying it. Lew also mentioned about the golf tournament scheduled for Friday, and hoped that it would stop raining and dry up enough for them to play, using carts.

Elsie and John Kalafatich were there with Laurel Nelson. They mentioned that a fellow Real Estate retiree was celebrating her 90th birthday this week - Violet McCarty (Schawacker). She worked in the Acquisition Branch when she retired. CONGRATULATIONS VIOLET.

The group extended its condolences to Elsie and her family on the death of her mother, Hedwig L. Hammer.

Pete Puricelli, with his bride, Marie, said that he recently was with an old high school classmate, who is neighbors with George Wilson, and that he is in good health. For those who don't remember George, he was the head attorney for the District way back when... In fact there were some that believed that he provided the legal opinions for the contracts that Lt. Robert E. Lee awarded for the work on the Mississippi River in the St.

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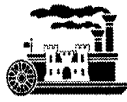
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Louis Harbor. I personally don't believe that George is that old. It was good to hear about George and hope he makes an appearance, to defend his position on the "Lee contracts."

Ron Bockhorst, with his bride, Lois, said that he received a call that old time photographer of the District, Bill McMurtrey, passed away on Wednesday. He didn't have any particulars, but he was told that it was rather sudden. Our condolences to the McMurtrey family. Incidentally, Ron was the Senior Retiree that retired in the 90s.

There was some discussion about the December luncheon. Normally arrangements are made to have a buffet in the room for Christmas. However, due to the sparse numbers that normally attend each month and the uncertainties of the weather, it was felt that there may not be enough to make this type of arrangement. Rather, it was proposed that the retirees would just as soon go through the cafeteria line as they do each month, and then enjoy each other's company. Pete Puricelli (314-638-6597) agreed to be a point of contact for "numbers only" of attendees, and then to notify the Salad Bowl to arrange for an appropriate size room.

The next luncheon is October 15, the third Thursday, at the Salad Bowl at about 11:30 a.m. Hope to see more of you there.



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